Aruba Traveller

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IMPROVING the passenger EXPERIENCE
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# Barcadera Container Harbor WILL SUSTAIN Aruba's new economy level

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**WEDNESDAY** morning Minister of Economic Affairs Mike de Meza visited the new container harbor in Barcadera along with Prime Minister Mike Eman to see how the project is coming along. The new Gantry Crain has arrived and is now being installed.

Minister Mike de Meza mentioned that the Barcadera harbor project should be completed in the first quarter of 2016.
Aruba Ports Authority and ASTEC are investing about 120 and 130 million florins to this project that will contribute to sustaining Aruba's new economic level.
Minister Mike de Meza mentioned that is confident that the local operators that are currently working on the gantry crane will know how to manage this new crane due to their years of experience with the already existing crane in Oranjestad. This new crane includes a more modern technology that is very different from the old cranes technology, because of this all operators will have to go through a learning course.

The Minister explained that they are currently putting all the parts on the docks to start assembling it. This will take 4 months to complete. One of these months is completely dedicated to installing the electric part of the crane and to run the necessary tests before starting operation.

"The gantry crane in Oranjestad was acquired and installed in the 80's and has almost reached the end of its career." According to Minister Mike de Meza.

He added that they decided to have a mobile crane installed along with the new gantry crane. The reason for this is too offer better services, cargo movement including unloading containers containing products domestic market products or re-consolidate products using Aruba as a hub.

"Such a major investment only takes place once every 30 years. For Aruba the container harbor in Barcadera is part of the major projects being executed in Aruba. Some other major projects are the expansion of the hospital, the construction of the Green Corridor and the construction of the Watty Vos Boulevard (ring road).
The goal of these projects is to create a new Aruba." Minister Mike de Meza concluded.




# AAA is taking steps to IMPROVE the passenger EXPERIENCE:




## Free Wi-Fi, remodeled VIP Lounges, renovations and new F&B outlets at Aruba Airport

**ARUBA** Airport Authority N.V. (AAA) in its efforts to continuously improve the passenger experience at the airport, has initiated, and is near completion on a number of new and exciting projects.

### Free Wi-Fi
The planning and installation of a new and improved Wi-Fi system has been started and completion is planned by the end of the third quarter, or perhaps sooner. This will include free Wi-Fi throughout the public areas of the airport terminal and allow passengers to use their personal Wi-Fi devices while passing time at the airport.

### Non US Plaza area
The area between the Non US check-in terminal and the arrival terminal, the so called NON US plaza area, is in its final stages of completion, and includes new furniture for the meters, greeters and passengers comfort and relaxation. The new and improved departure experience will include a farewell (picture moment) wall branded with the Aruba logo, and a new F&B area with an expanded seating area to create a comfortable environment for guests wishing to grab a bite to eat with family and friends before they depart on their flight.

Passengers leaving to Non US destinations will now enjoy the same relaxing atmosphere that was created a few years back for US Bound passengers. In addition, the extension of the tensile covered walkway in front of the arrival terminal area is also part of this project.

### Revamp of restrooms
The public restrooms located at gates 2, 6 and 8 within the departure terminal areas are currently being remodeled and refurbished and expected to be completed by the end of the third quarter of this year. Additional gate area restrooms will also be built in the area between gates 4 and 5 and are expected to be completed by year's end.

### F&B renovations and expansions
AAA together with Airport Hospitality Industry N.V. (AHI) have been diligently working on renovating, expanding and creating new concepts for the food and beverage offering at the airport. The most recent addition to the F&B offerings at the airport have been the newly relocated Segafredo area together with a completely new Quiznos outlet situated at gate B (remote gate area). Further short and long term plans have been determined in cooperation with AHI and will result in renovations of certain F&B outlets, expansion with new F&B outlets and additional concepts of F&B to improve the overall quality of service delivered on this front to the passengers.

On the short term AHI will start renovations of both VIP lounges located upon departure at gate 2 and 8. The renovations will entail expansion of the areas, remodeling of the interior and revamping of the VIP furnishings. This project will provide a new look and feel to the VIP lounges and provide facilities to meet the increasing sophistication and expectations of VIP and high-end travelers. Both VIP lounges are set to be completed by the end of July 2015.

A number of changes are also in the works for the food and beverage offerings at the airport to include the expansion of the current Haya Sushi outlet located within the Main Concession Area; conversion of the former Haya Sushi area into a healthy fresh food and beverage concept called Freshii; two additional coffee kiosks will also be added into the complete mix in order to service our passengers both within the Main Concession Area and at our gates 1 and 2 areas; The current location at gate 7 (Binah Coffee Shop) will be redeveloped and turned into a Juan Valdez unit serving both coffee, other beverages and food items.

An area of approximately 400 m² will be developed and constructed by both AAA and AHI between gates 4 and 5 and will entail the addition of three new F&B concepts: A champagne/wine bar concept, a health food concept (Freshii) and an Asian concept, including an additional seating area capacity of approximately 100 - 150 seats. This area is set to be completed by the first quarter of 2016.

"Passenger's expectations for airport amenities are ever changing, and we are very much committed to meeting those expectations. As we work on streamlining the passenger processes and making the airport easier to navigate over time, we are working in collaboration with our airport partners to provide those services and facilities that passengers expect and provide a world class airport experience for the visitors of Aruba." says Mr. James Fazio, CEO of Aruba Airport Authority N.V.

Minister Mike Eman and Mike de Meza

# INSPECTING the NEW HARBOR project at Barcadera



**PARTS** for the new crane at the new Barcadera harbor have arrived, now the installation and assemble work has started.
This huge step forward in the project fills Minister Mike Eman with joy, because the construction of the new harbor is part of the 4 major projects that Cabinet Mike Eman is executing to increase our island's economic progress and improve Aruba's chances in the future.

Aruban Prime Minister Mike Eman along with Minister of Economic Affairs Mike de Meza received a tour from the ASTEC Development Manager Anko Koopmans.
Koopmans told the Ministers a little more about the Paceco Gantry Crane that came from Bilbao Spain. The Crane consists of prefabricated parts that weigh about 50 ton and will take about 4 months to put together. It is almost as big as the one at the Oranjestad harbor but with a new a more modern operation system.

Prime Minister Eman talked about the impact that the new harbor is already making and about the positive impact that this harbor will have on Aruba's economy.
"There are already numerous businesses willing to develop the big shackles used for creating space between the big ships that will be developed and parked in this area. The harbor will also serve as some sort of marina, used for building yachts. Plenty of additional activities will be introduced to this new container harbor."

Prime Minister Eman has no doubt that the Governments' decision to execute the harbor plans that have been passed from one Government to another for the last 30 years was a great decision.
"The Barcadera Harbor brings more economic activities, social development and more job opportunities." The Prime Minister commented.
Prime Minister Eman also expressed his gratefulness and admiration to all the local experts leading this project.

"We are very proud of all our local business like ASTEC, Wegenbouw (road construction) and APA that gave their input to fixing the harbor. This project is essential to create job opportunities and give Aruba an infrastructure that sets it apart from other Caribbean islands." The Minister expressed. Once the new harbor is finished, the hospital expanded, the Green Corridor between Oranjestad and Aruba and the ring road are done, Aruba will be a very high leveled country compared to other countries in our region.


















# Minister of Justice Arthur Dowers visited the Niewegein prison in Holland

**MINISTER** Dowers took some time to visit Nieuwegein prison during his stay in Holland.
Nieuwegein is a large prison, much bigger than the prison in Aruba. One highlight of this visit is that the Minister got the opportunity to meet with the Director who worked as Assistant Director in Curacao for 5 years and has just recently returned to Holland.

The Minister asked him about how he experienced working in a prison in our region, what where the difficult tasks to comply with, considering his assignment to help the prison reach the standards set by the commission against torturing of prisoners (CPT).
The Minister noticed that the prison is very similar to the one he previously visited in Zoetermeer, because they both have cross prison construction.
What stood out most at this prison was the large amount of staff members that had many years of experience and how they deal with the prisoners in this institution.

"One thing that changed in Holland is how prisoners are treated. In the past prison guards and other prison employees didn't know how to treat the prisoners, because their rights weren't clear and the duty of the prison guards and employees were also not clear, but now that the system has changed all the law requirements are written in the institution laws, so a prisoner knows exactly what is expected of him and what to expect during his incarceration. It is up to the prisoner to decide whether he is going to abide to the rules and progress in his rehabilitation process or not. This new system removes the previous tension that used to be present in prisons in Holland." The Minister explained.

The prisoner is informed as soon as he enters the institution that he needs to behave himself as stipulated by the prison rules and that he will be sanctioned the moment he doesn't comply with the rules. Sanctions are taken as soon as a prisoner isn't complying with the rules.
Prisoners in Holland are expected to work and are sanctioned when they do not do this.

The tension in prisons has now decreased because of the new laws that have been made very clear to each and every prisoner from the moment they were introduced.
The Minister found it very interesting to learn about the adjustments made and observe the results they yielded.



# **Aruba Airlines** INAUGURATES **their NEW ROUTE to Miami**

**ARUBA** Airlines presents their new direct route to Miami today. This route is part of the airline's expansion plans. This route will become part of the regular Aruba Airlines routes, which are Maracaibo, Valencia and Panama. The inauguration will take place at the Reina Beatrix Airport and will be attended by Aruba's Minister of Tourism Mr. Otmar Oduber, Airport Representatives, Aruba Tourism Authority, Aruba Airline's president and staff members.

The airline will fly to Miami on Monday, Wednesday, Friday and Sunday and leaves at 10.30 in the morning.

The Aruba Airlines plane is a modern Airbus A-320-200 with a capacity of 150 passengers. The plane stands out due to its beautifully designed cabin and spacious seating. This guarantees all passengers a pleasant and comfortable flight.

The crew consists of professional staff members and pilots with more than 10 years of experience. Their goal is to guarantee the safety of all passengers on board.

The airline hopes to soon provide all its passengers with the opportunity to go through the immigration process in Aruba so as to arrive in Miami as a domestic flight. Passengers in the economy class can check in 2 23KGS baggages per persona and passengers in business class can check in 3 23KGS baggages per person.

This new route will take passengers from Aruba and connected Maracaibo and Valencia flights to Miami, Aruba Airlines hopes to meet their passenger's demands.












# ARUBA **MURAL** Project has STARTED



**THE** first courses for youth taking part in the Aruba Mural Project (AMP) have started this week. The Aruba Mural Project is an initiative of the Minister of Tourism, Transport and Culture Otmar Oduber along with the department of culture and Local Artist Robert Tromp. This project is financed by UNOCA and AAA. The project will take 4 months, in which 7 murals will be created in San Nicolas. Teens between ages 11 to 14 guided by local artists will create multiple art and design concepts before painting these murals.

This project will have a huge positive impact on our culture and community especially in the San Nicolas area. It will also encourage collaboration between cultural artists, the government and the private sector.

Last Tuesday night an informative meeting was held with the artists and painter interested in participating in this project. During this meeting they explained that those who want to register can send an email containing a picture of their artwork to arubamuralproyects@gmail.com by July 28. An exposition will be held at Scol di Arte on July 30, where 10 artists will be displayed. The kids participating in this project will select 5 out of the 10 artists to guide them the next 3 months.
A mural is a painting or art piece displayed on a wall. The positive effects of urban area Mural projects are not something new. Cities such as Berlin in Germany, São Paulo in Brazil, Cape Town in Africa, Miami, New York and Los Angeles in the United States have all implemented successful Mural projects. One effect of this project is that it motivates the community to actively participate in it, thus expanding their knowledge and developing new techniques, especially young ones that need to take art course to be able to be a part of such projects.
Mural projects have had a positive impact on tourism in many countries. They display the culture of the city. Murals make the community more proud of their inheritance and amplify it by brining positive attention from the visitors that visit the area.

The goal of the Aruba Mural Project is to make San Nicolas more attractive and establish it as our cultural heritage capitol and to give young ones and Aruban artists a constructive atmosphere to express themselves. For more information about Aruba Mural Projects and other cultural activities please visit UNOCA ARUBA on Facebook.




Feinine bowling duo

# Kamilah Dammers and Thashaina Seraus competed yesterday

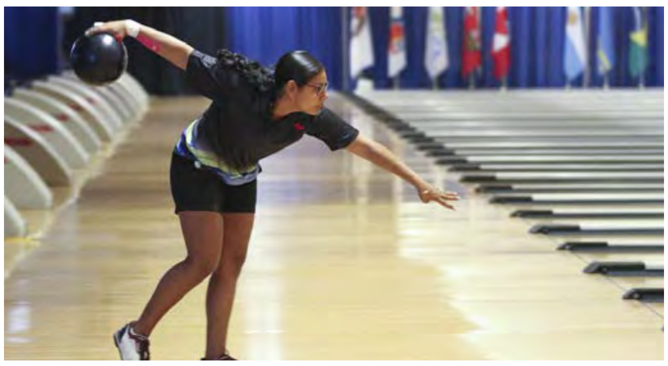
**ARUBA** had high hopes of achieving a good name in the 2015 Pan American Games through feminine bowling duo Thashaina Seraus and Kamilah Dammers. They played in the team competition yesterday but things didn't go as planned in the first round of the team competition. They ranked 12th place out of the 14 teams that competed.

This ranking was very shocking to everyone since the duo was regularly mentioned in the Pan Am Bowling Centre the days before. This is no surprise considering their amazing achievements. Kamilah won the gold medal in CAC (Central American and Caribbean Games) and Thashaina impressed many by winning different individual prizes at her school in the United States.

They both started the competition very nervous, resulting in them ending up in the last place on the scoreboard by the end of the competition. They rapidly recovered in the third competition and played very well thus improving their ranking to 11th place.
In the three last competitions they Aruban duo tried their best to continue in the same rhythm but that was sadly not achieved. Wednesday afternoon was simply not their best competition.

Towards the end of the competition Thashaina Seraus and Kamilah Dammers achieved a 12th place ranking with a total of 2099 knocked pins. Kamilah Dammers's final scores for the 6 games are 213, 170, 171, 173, 158 and 216 pins amounting to total of 1101 pins. Thashaina Seraus's final scores for the 6 games are 123, 202, 183, 175, 164 and 151 pins amounting to a total of 998 pins.
The bowling team competitions continue on Thursday and the individual games begin on Friday.

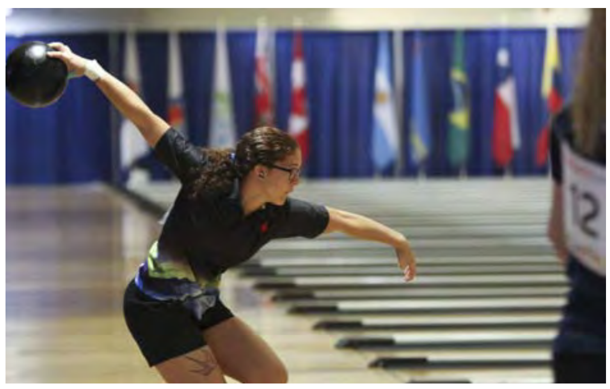












# Quincy **Breell**

## Finished the race as one of the best 8 athletes in the long jump competition

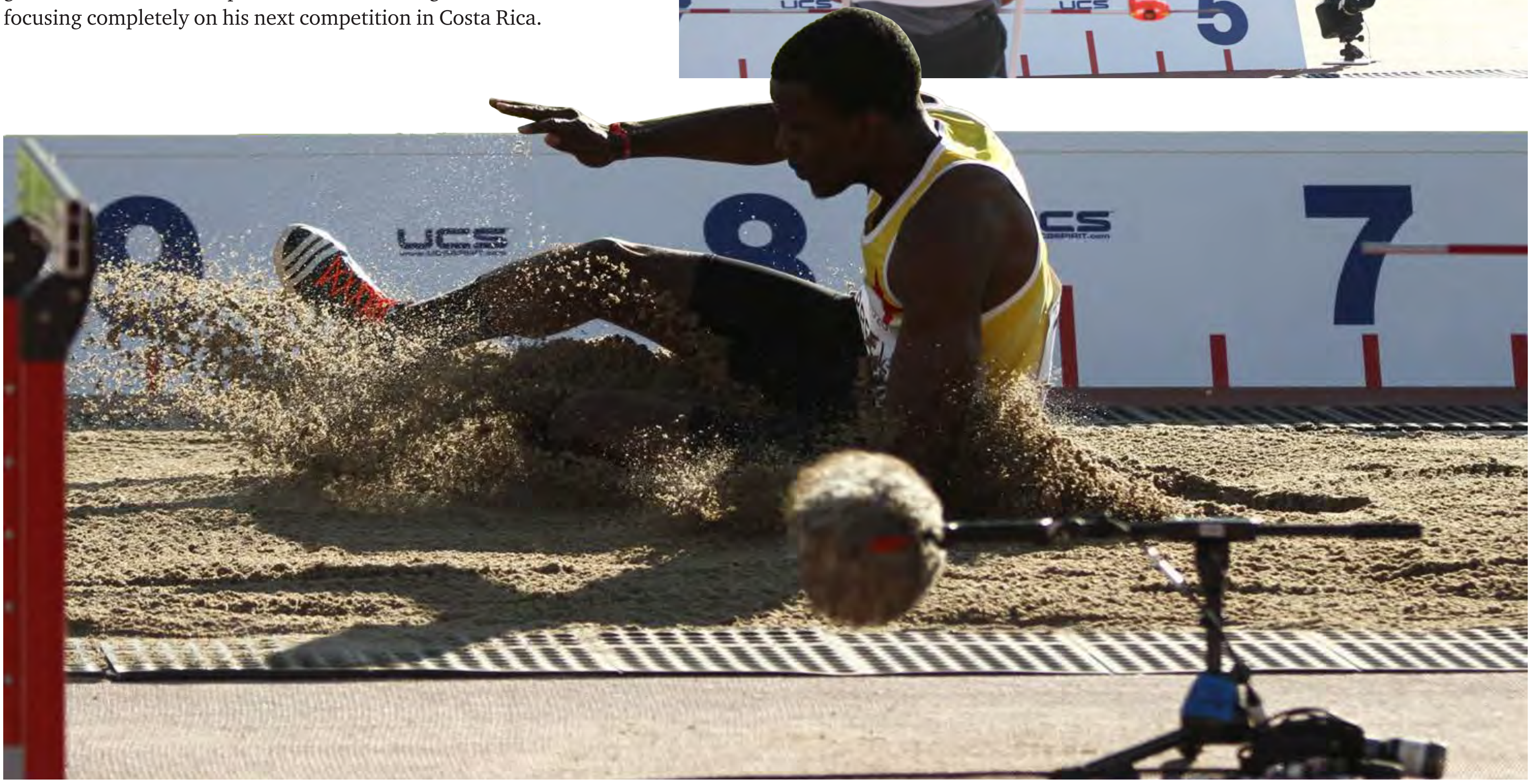





**TUESDAY** morning athlete Quincy Breell qualified for the final round of the long jump competition in the Pan American Games, this is his first time participating in these games. Wednesday he participated once more and this time he came out as one of the 12 best athletes of the America continent. Quincy Breell jumped a distance of 7.60m in his first attempt; this was enough to get him to the final round.
Quincy Breell achieved a personal record 2 months ago in Cartagena Colombia by jumping 7.72m.

Wednesday afternoon Quincy Breell jumped 7.70m, which was his best jump yet. Because of this he ranked 8th place out of the 12 best competitors that qualified for the final round.
In the last round Quincy Breell jumped twice but they were both invalid jumps, his third jump was 7.21m but it wasn't enough to rank him as one of the medal 3 winners.

The gold medal was won by Jeffrey Henderson from the United States who jumped 8.54m.
Despite this Quincy Breell was very satisfied with the final results. He knew it wasn't an easy task but he achieved what he wanted which was to make a good name for himself in the Pan American Games. He was mostly impressed because he works an 8 hour job so to achieve such
good results in the competition is outstanding. Now he will be focusing completely on his next competition in Costa Rica.



# USFOL Volunteers DONATE GOODS to Siloam

**ON** July 21, 2015, eleven volunteers from the U.S. Forward Operating Location (USFOL) visited the Siloam Orphanage to deliver 45 kilos of donated goods. The volunteers spent the afternoon clearing, prepping, and building a soccer field, which is part of a long-term project for a future soccer village and field for the children.

Siloam provides for children with a variety of needs; from toddlers, who have been abandoned, to children who have mental and physical disabilities.
Since 2000, members of the USFOL have built strong partnerships with community-based organizations in Curaçao, including Siloam Orphanage, to express their appreciation for the hospitality they have received from the citizens of Curaçao.






# Ruthy Vrieswijk-Bergen visited Minister Boekhoudt

**THE HAGUE** – Known writer, poet and painter Ruthy Vrieswijk-Bergen paid a courtesy visit to Minister Plenipotentiary Alfonso Boekhoudt.
During this visit she gave the Minister her two books as a present. The books are named: Sigui…inspira pa duna (continue inspiring and giving) and Poemanan di Ruthy (Ruthy's Poems) these books contain poems and stories written by Ruthy and pictures taken by Ruthy.

Ruthy also paints; she even has an artistic name 'Lady Ruth.' Many of her pieces are abstract. Ruthy also gave Minister Boekhoudt a catalogue of her paintings.
Mrs. Ruthy often writes columns concerning cultural and social subjects in different Aruban newspapers.

Minister Boekhoudt enjoyed a pleasant meeting with Ruthy, her husband Johan Vrieswijk and her son Rene Vrieswijk. The Minister expressed his love for poetry and assured Ruthy that he will read her poems.

# 25 BAGS for 25 kids

## to start the new school year with




**BECAUSE** of the Bags4School campaign CRECIENDO Foundation (Growing Foundation) received a sizeable donation from Diamond International. CRECIENDO Foundation has been working with United Forces Foundation for 4 years already to help as many kids or teens as possible to achieve their life goals.
With the Bags4School Campaign both foundations help over 300 kids/teens begin the school year with the necessary articles.

This year CRECIENDO Foundation started their campaign really well with a tremendous donation from the Aruba Way Foundation. Aruba Way Foundation donated 88 bags completely equipped with all necessary school articles.
Diamonds International has contributed to this cause for the second year in a row. This year the upgraded the 25 bags that they usually donate to Wagner brand bags.
According to Mrs. Noguera Diamond International representative Diamond International finds it extremely important to contribute to our children's future and has found numerous ways to do this through many projects.

She also remarked that they are encouraging their employees to contribute to the Bags4School campaign. They can donate new items or second hand items that are in good condition.
CRECIENDO Foundation Founder expressed how happy CRECIENDO is with this private sector contribution and that every year more people and multi-national local companies join the foundation in achieving their goal of helping our kids.

Anyone that wants to donate new or second hand items can drop these items off before August 14 at Magic Fm and Power Fm radio stations.
CRECIENDO Foundation invites parents in need to send an email to creciendo.aruba@gmail.com or call: 5933201 to register their kids.
The foundation also invites the entire community to be part of this cause and to join them in trying to help our kids.

# IKEA issues safety alert on deathtrap drawers after two kids killed

*27m chests are recalled in US*



**IKEA** North America is offering repairs for 27 million chests of drawers after two children were killed when the dressers tipped over on them, the U.S. Consumer Product Safety Commission said on Wednesday.

The Conshohocken, Pennsylvania, company, a unit of Swedish furniture retailer IKEA AB, is making available free wall-anchoring kits for its MALM three- and four-drawer chests, two styles of six-drawer MALM chests, and for other chests of drawers and dressers, the commission said in a statement.

"The chests and dressers can pose a tip over hazard if not securely anchored to the wall," the statement said.

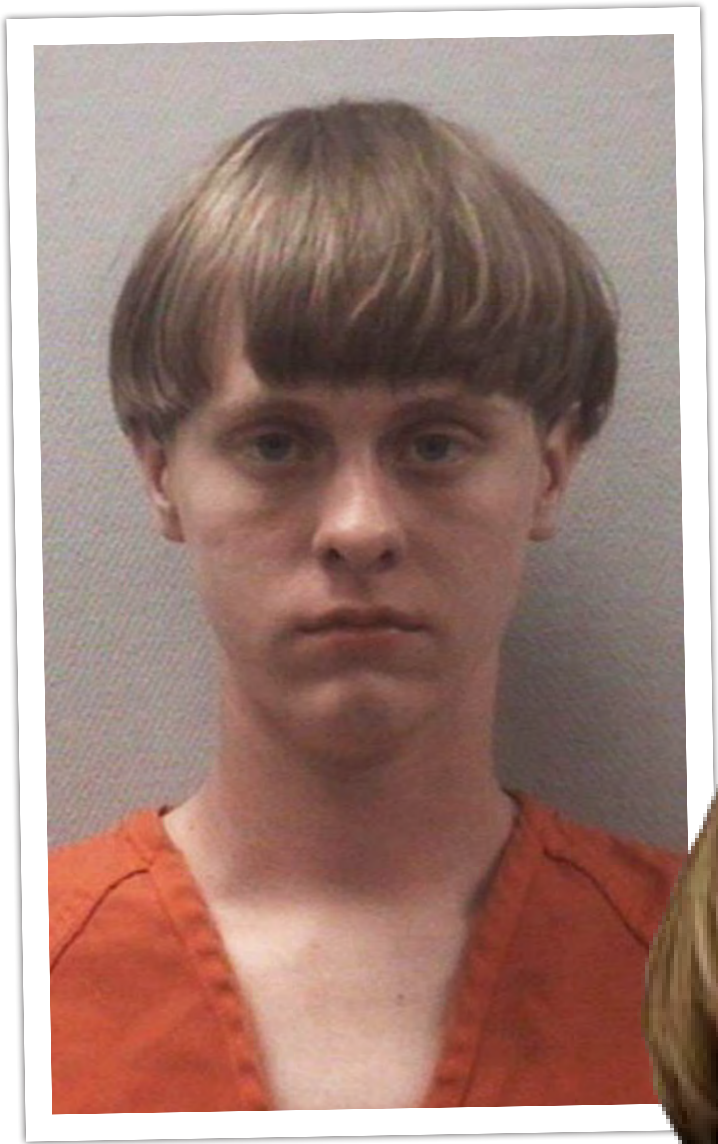
A 2-year-old boy from West Chester, Pennsylvania, died in February 2014 when a six-drawer MALM chest fell on him and pinned him to a bed, the statement said. A 23-month-old child from Snohomish, Washington, was killed in June 2014 when a three-drawer MALM chest tipped over and trapped him.

IKEA and the consumer panel have gotten 14 reports of tip over accidents involving MALM chests, resulting in four injuries. IKEA also knows of three other reports of deaths since 1989 from tip overs involving other models of IKEA chests and dressers, the statement said.

About 7 million MALM chests and 20 million other IKEA chests and dressers are involved in the repair program. The MALM chests were sold starting in 2002 at a price ranging from about US$80 to US$200.







# US indicts accused Charleston gunman for hate crimes



A Federal grand jury has indicted suspected white supremacist Dylann Roof on hate crime and other charges over the June 17 massacre of nine black parishioners in a church in Charleston, South Carolina.

The 33-count indictment is in addition to South Carolina state murder and attempted murder charges against the 21-year-old suspect, who could face the death penalty if convicted.

"Racially-motivated violence such as this is the original domestic terrorism," said Attorney General Loretta Lynch in announcing the indictments at a Washington press conference. "For these crimes, Roof faces federal penalties of up to life imprisonment or the death penalty," Lynch said.

Roof was arrested in North Carolina a day after he alleged joined an evening bible study class at Emanuel African Methodist Episcopal Church, and then shot nine participants with a .45-calibre Glock handgun.

The victims included Emanuel's chief pastor Clementa Pinckney, who was also a South Carolina state senator. Three people survived the shooting. A website attributed to him was later found to contain racist views towards African Americans, as well as photographs of Roof brandishing guns and the Confederate battle flag.

Lynch said the US government was charging Roof with nine murders and three attempted murders under a hate crime law that prohibits the use of force to harm an individual on the basis of race or color. He is also charged under a second hate crime law that bans the use of force to prohibit the free exercise of religious belief, the attorney general said.

"Finally, Roof has been charged with the act of using a firearm in these racially motivated murders and attempted murders," she said. No decision has been taken on whether to seek the death penalty, Lynch said, adding that consultation with the victims' families would be "an important part of this decision-making process."

South Carolina has no hate crime laws on its books, but the murder charges it is pressing against Roof carry the possibility of the death penalty.

# Greece to decide next week when stock exchange to open

**GREECE** will decide next week when the Athens stock exchange will reopen, after a four week-long shutdown made necessary when capital controls were imposed last month, a government official said on Thursday.

The stock exchange has been closed since June 29 when Greece shut its banks and imposed capital controls to ward of a collapse of its banking system after the country rejected a cash-for-reforms deal in a referendum.

Banks reopened on Monday after Greece secured emergency ECB funding for its banks and a bridge loan from the EU. Their recapitalization needs will be known following stress tests which are due to start in August, the official said.

The official confirmed that talks with Greece's international creditors on a third bailout would start in Athens on Friday and that the government wants the talks to be concluded by Aug 20.

Athens targets a budget primary surplus for 2015 that would be lower than 1 percent of GDP, the official said.






# Mother of all battles in scarcity-hit Venezuela: Having a baby






**HER** belly bulging, Hilda Angarita hauls herself to five different drug stores in the sweltering Venezuelan city of Maracaibo until she finally finds post-cesarean patches. "I'm giving birth tomorrow and here I am in the street. I want to go home," says the teacher, 37, fanning herself as she rests on a bench the day before her scheduled delivery. Over the previous nine months, Angarita's life has been consumed with searching for vitamins, calcium, diapers and medicines amid widespread shortages in recession-hit Venezuela. Currency controls and flailing local production have fuelled worsening scarcities that are now a blight of daily life for many Venezuelans - especially those expecting a child.

The shortages are compounded in places like Maracaibo, a western city near Colombia. Many here offset inflation and a depreciating currency by selling price-controlled goods across the border or on the local black market, leaving less on shelves.

To get by, pregnant women wake up at the crack of dawn to join long store lines, try to stock up on diapers before their baby is born, visit a dozen shops for a single product, tap social media to barter goods, and spend small fortunes on the black market where smugglers jack up prices at the sight of their bellies.

Or they simply go without. "Everything is an obstacle," says Angarita, who now regrets voting for late socialist president Hugo Chavez. More worryingly, shortages in the health sector pose an increased risk of complications during pregnancy, according to doctors and rights group.

Maternity and paediatric units "are overcrowded, there aren't enough incubators, water is lacking and power cuts are normal, equipment is damaged, there aren't surgical supplies and blood banks don't work," said a joint report by local activist groups Codevida and Provea in May. Deteriorating hospitals are at times forced to turn away patients due to lack of everything from antibiotics to doctors, who have joined an exodus of professionals leaving Venezuela amid a bruising economic crisis and epidemic of violent crime.

Drawing a full picture of the effect of scarcity on pregnancy is tricky due to a lack of up-to-date official data.

During his 14 years in power, Chavez tapped an oil bonanza to build thousands of free health centers in poor neighborhoods, largely staffed by Cuban doctors, and create maternity-focused programs like the "Baby Jesus Mission."

Supporters also praise him for implementing an across-the-board six-month maternity leave.

World Bank data shows infant mortality under the age of 1 dropped from around 19.6 deaths per 1,000 live births in 1998, the year he was elected, to 12.9 in 2013. But many relevant indicators have not been published since shortages worsened, and many Venezuelans say the health sector is in an abysmal state.

The last available health ministry figures for infant mortality under 1 show an increase of 2.35 percent from January to October last year compared with the same period of 2013.

President Nicolas Maduro, Chavez's handpicked successor, blames the shortages on speculators who he says hoard medicines and other goods to stoke anger against his government. He also says his government remains committed to social spending despite a recent tumble in oil prices.

"Even if oil falls to US$0, our children have everything guaranteed for them, their access to health care, education, everything," he said from behind a medical mask as he cooed over newborns during a recent visit to a pediatric hospital.

# Sandra Bland left "at a loss" voicemail before death in Texas jail






**IN** a voicemail recorded for her friend, Bland said she could not understand why a traffic violation had led to her detention. The 28-year-old African-American was arrested after a confrontation with the policeman who had pulled her car over.

She was found dead three days later.

In the message to a friend she said: "I'm still just at a loss for words, honestly, about this whole process. How did switching lanes with no signal turn into all of this?"

Her family has rejected the findings of a coroner's report, which says Ms. Bland hanged herself in her cell at Waller County jail.

## 'NOT DEPRESSED'

The voice message lasted for about 22 seconds and was made after an initial court appearance following her arrest on 10 July, ABC reports.

It was one of three calls made by Bland that day. The others were to her sister and a bail bondsman.

On Wednesday it emerged Bland had told a guard during the booking process that she had previously attempted suicide.

Sheriff Glenn Smith said the comments were made after she was asked a series of questions that are posed to every person who is detained at the jail.

Documents for Bland were inconsistent in citing when or if she had attempted suicide in the past. One questionnaire said she took pills in 2015 to try to kill herself after having a miscarriage. Another document said she attempted suicide in 2014. One form said she had not had suicidal thoughts in the past year and one said she did.

Her medical history was also inconsistent on intake forms, with some saying she was on medication for epilepsy and another saying she was not taking any medication.

Mr. Smith said another guard had also spoken to Bland. She told him she was upset but not depressed and both jailers insisted she appeared fine at the time.

State senator Royce West said the kind of information on Bland's forms should have prompted guards to put her on suicide watch and check on her more often.

Full toxicology reports are pending, but Waller County District Attorney Elton Mathis told CNN that an initial report from the medical examiner's office showed that Bland had marijuana in her system.

He also said he had been told it was the "opinion of the medical examiner" that she had what looked like "cutting scars on the arm".

State officials and the FBI are investigating her death.

# BEIRUT'S MOUNTING TRASH REFLECTS CRISIS OF GOVERNMENT





**THE** stench of uncollected refuse in the streets of Beirut is a stark reminder of the crisis of government afflicting Lebanon, where politicians divided by local and regional conflicts have been unable to agree on where to dump the capital's rubbish.

Mounting piles of garbage festering in the summer heat are triggering health warnings and protests by residents furious their government failed to avoid a crisis ignited by the long-scheduled closure of a major landfill site last week.

For lack of state planning, the tip at Naameh south of Beirut had already been kept open well beyond its planned closure date. The date set for its final closure - July 17 - was known, but the authorities had no ready alternative when the day came.

"We got to this point - this crisis - because of the political struggle in Lebanon," said Mohamad Al Machnouk, the minister of environment. He blamed procrastination among politicians for the refuse now piling up in the streets.

A plan to dump rubbish from Beirut - where more than half the population live - at locations around Lebanon is meeting resistance from the regions. The front page of the French language newspaper L'Orient Le Jour on Thursday declared Lebanon the "Trash can Republic".

The crisis echoes wider problems facing Lebanon. The weak state has long been criticized for failing to develop the country and its infrastructure: Beirut still suffers daily power cuts some 25 years since the end of the 1975-1990 civil war.

But government has been particularly poor since the eruption of the war in neighboring Syria. That conflict has exacerbated Lebanon's political divisions, often along sectarian lines that reflect the Syrian conflict. The presidency has been vacant for more than a year, and parliament elected in 2009 has extended its own term and postponed elections until 2017 on the grounds of instability. A government of national unity has maintained a semblance of central authority and helped to contain sectarian tensions.

But it is limping along at best.

## PASSING TIME

Many observers believe only a deal brokered by regional powers Iran and Saudi Arabia, which both wield influence over rival Lebanese factions, can set government back on course.

In the meantime, the costs for Lebanon are high. The political stalemate has obstructed plans to exploit potential offshore gas reserves, for example.

"They cancelled our elections, they extended parliament, they stole our votes, and now they want us to live in rubbish," said Marwan Maalouf, a 31-year-old lawyer, during a protest outside the government headquarters in Beirut on Tuesday.

The contract of the company that until this week was collecting the refuse expired with the closure of Naameh. "Unfortunately, the streets are filled up with garbage but we can't find an alternative now. The plan should come from the state, and we will then act upon it," said Pascale Nassar, communications manager for the company, Sukleen.

# NASA HAS SPOTTED FIRST "EARTH LIKE" PLANET IN HABITABLE ZONE AROUND STAR SIMILAR TO SUN

**NASA** said Thursday that its Kepler spacecraft has spotted "Earth's bigger, older cousin": the first nearly Earth-size planet to be found in the habitable zone of a star similar to our own.
Though NASA says it can't say for sure whether the planet is rocky like ours or has water and air, it's the closest match yet found.

*"Today, Earth is a little less lonely,"*

Kepler researcher Jon Jenkins said.




The planet, Kepler-452b, is about 1,400 light years from Earth in the constellation Cygnus. It's about 60% bigger than Earth, NASA says, and is located in its star's habitable zone -- the region where life-sustaining liquid water is possible on the surface of a planet.

A visitor there would experience gravity about twice that of Earth's, and planetary scientists say the odds of it having a rocky surface are "better than even."

While it's a bit farther from its star than Earth is from the sun, its star is brighter, so the planet gets about the same amount of energy from its star as Earth does from the sun. And that sunlight would be very similar to Earth's, Jenkins said.

If the assumptions of planetary geologists are correct, he said, Kepler-452b could have a thicker atmosphere than Earth's, as well as active volcanoes.
It takes 385 days for the planet to orbit its star, very similar to Earth's 365-day year, NASA said. And because it's spent so long orbiting in this zone -- 6 billion years -- it's had plenty of time to brew life, Jenkins said.

*"That's substantial opportunity for life to arise, should all the necessary ingredients and conditions for life exist on this planet,"*

he said in a statement.

NASA has found other planets in the habitable zone, but they've been either too big or too close to their parent stars to support life.

The agency says this is the first time it has found one that is both the right size to have a rocky surface and in the right orbit around its star to be potentially habitable.
The $600 million Kepler mission launched in 2009 with a goal to survey a portion of the Milky Way for habitable planets.

From a vantage point 64 million miles from Earth, it scans the light from distant stars, looking for almost imperceptible drops in a star's brightness, suggesting a planet has passed in front of it.

It has discovered more than 1,000 planets. Only a handful has been less than twice the size of Earth and in the habitable zones of the stars they orbit.

# Stranded orca in Canada saved by volunteers who kept it cool for hours until high tide

*A pump and sheets were used to keep whale alive near Hartley Bay on B.C.'s North Coast*









**AN** orca that was stranded on some rocks was kept alive for eight hours by a dedicated team of whale researchers and volunteers on the North Coast of B.C.

"She cried often, which tore at our hearts, but as the tide came up there were many cheers as this whale was finally free," said a Facebook post from the group The Cetacean Lab.
Early Wednesday morning, the group received a call from a colleague about the beached orca, which was stuck on some rocks at low tide.

"We decided the best thing to do would be to keep her cool, that meant to put water on her body and we used blankets and sheets," said Hermann Meuter, a co-founder of Cetacean Lab. It was the only thing we could do."

Meuter said they could see the orca's behavior change as they began to help her. "At first she was stressed, you could see that her breathing was getting a little faster," said Meuter.
But after about 15 to 20 minutes, she began to calm down. "I think she knew that we were there to help her," said Meuter.

Around 4 p.m. PT, the tide began to rise and the orca was able to start freeing herself. "It took her about 45 minutes to negotiate how best to get off the rocks," said Meuter. "We all just kept our distance at that point."
When she swam away, the orca was quickly reunited with her pod, which was nearby. Metuer said members of the World Wildlife Fund and the Git G'at Guardians from Hartley Bay were also on the scene helping to free the animal.

«We all cared about this whale and we were just very lucky to give that whale another chance,» said Meuter.

# Cruise ship Freedom of the Seas, with a group of locals onboard, to continue journey after fire in Jamaica






**ROYAL** Caribbean's cruise ship, Freedom of the Seas, has scheduled to continue its weeklong voyage after a fire broke out on Wednesday. The fire injured one crew member and sent thousands of passengers to their emergency gathering stations.

There were reportedly a group of local Arubans on board the cruise liner. No passengers were reported hurt, but one crew member suffered first-degree burns. All systems on the ship were functioning, according to a spokeswoman.

The fire started in a mechanical area on the 9-year-old ship around 9:15 a.m. as the vessel was pulling in to Falmouth, Jamaica. Freedom of the Seas left Cape Canaveral on Sunday with 4,454 passengers and 1,428 crew on board.

Fire suppression systems were "immediately activated," according to a statement from the Miami-based cruise line, and extinguished the blaze within an hour and a half. An investigation into the cause of the fire is ongoing.

Guests were sent to their assembly stations "in an abundance of caution," the statement said. Passengers were allowed to disembark in Falmouth around 1 p.m. No future itineraries will be changed as a result of the fire. The U.S. Coast Guard will inspect the ship when it returns to a U.S. port.

Despite the crew member's injury, Wednesday's situation could have been far worse. In December, a fire on Oceania Cruises' Insignia killed a crew member and two contract workers. The ship was taken out of service for repairs for nine weeks.

When Royal Caribbean's Grandeur of the Seas had a fire in 2013, the ship was out of commission for about a month and a half. Earlier that year, the Carnival Triumph was disabled by fire, leaving passengers without power, working toilets or hot water at sea for several days. The ship spent about four months undergoing repairs and getting upgrades to its fire safety technology.

HEALTH:

# 5 Habits That Will Lead to Sustainable Weight Loss



**WHEN** it comes to losing fat, it can be so easy to get caught up with big numbers: “I’ve got to lose 120 pounds.” “Two dress sizes down, 10 more to go!” “Today’s goal? Burn 1,000 calories.”

We get so obsessed (and as a result, stressed out) with losing big that we forget about the little wins that add up to create big results. Here’s how you can tap into five, easy-to-follow, but powerful habits that can change your body in big ways:

## 1. EAT MORE SLOWLY.

Many of us can chow down a hot dog in two minutes flat. What’s the problem with eating this quickly? You’ll wind up wolfing down those extra-large fries, a root beer float and apple pie before you realize you’re totally stuffed.

A study by researchers at the University of Rhode Island investigated the relationship between how quickly one eats and the amount of food they consume, found that fast eaters consumed a whopping 55% more food per minute compared to the slow eaters.

Slowing down your meal helps you counter this outcome by allowing you to plug into your body’s satiety cues, giving it time to figure out that it’s had enough food. In practice, this means setting aside 15 to 20 minutes to have your meal. Enjoy how your food smells and tastes, savor each mouthful by chewing mindfully, put your fork down between bites, breathe and give yourself room to feel nourished and filled up.

## 2. FOLLOW HARA HACHI BU, OR EAT UNTIL YOU’RE 80% FULL.

Translated into English, this Japanese term literally means “belly 80 percent full,” and refers to a way of eating that’s practiced by the residents of Okinawa, Japan.

While it’s difficult to quantify what 80 percent is (this is where eating slowly comes in), there’s a simple way to put this into practice: stop eating when you’re no longer hungry. It’s simple!

## 3. COMPOSE YOUR MEAL.

A doughnut here, a slice of cake there — unnecessary calories you chow down haphazardly throughout the day can add up quickly, especially when they’re from multiple sources that you’re likely to forget about.

Here’s how I combat this issue: I place all of the components of my meal on a plain, white plate, just as an artist would paint on a blank canvas. By ‘composing’ my meal, I have a bird’s-eye view of the amount of protein, carbs, vegetables and fat that I’m eating.

This way, if you’re overdoing it with one type of nutrient (carbs, for example), you’ll know immediately. You’ll also find it so much easier to keep track of your overall calorie intake and decide which food items to scale down or up on at your next meal.

## 4. LEARN HOW TO TIME YOUR CARBS CORRECTLY.

Knowing which type of carbs to eat — and when to eat them is crucial for fat loss. Swap foods like pasta, white rice and bread with whole-grain, unprocessed carb sources like quinoa, millet, barley, amaranth and wild rice, all of which are high in fiber and low in simple sugars, allowing them to be digested slowly for long-lasting energy.

The best time to eat them? After an intense workout, when your body is primed for replenishing lost energy and recovery.

## 5. UP YOUR PROTEIN INTAKE.

Confused about all the hype about protein? Here’s why you need it to slim down: protein keeps your metabolism humming, controls your appetite, helps you develop and maintain lean muscle and improves your fitness performance.

In fact, a paper published in the *American Journal of Clinical Nutrition* reported that 60 overweight and obese people who were put on a high-protein diet over six months experienced double the fat loss of those who were put on a moderate-protein diet.

Similar studies have also found that high-protein eaters were not only able to stick to their new diet longer; they successfully maintained their weight loss beyond a 12-month period.

A simple rule of thumb to getting enough protein into your diet is to add a palm-sized portion of chicken, fish, beef or other protein source of your choice, to each of your meals if you’re a woman, and if you’re a man, go for two palm-sized portions.

# MLB:
# Scott Kazmir traded to Astros



**THE** Oakland Athletics traded pitcher Scott Kazmir to the Houston Astros shortly before the left-hander was to make his scheduled start Thursday.
Houston was aggressive in getting Scott Kazmir, avoiding the risk of waiting too long and ending up desperate in the final hours before the trade deadline.

Kazmir, 31, was scheduled to pitch Thursday afternoon against the Blue Jays in Oakland. He will be a free agent after this season. Kazmir, a Houston native, is 5-5 with a 2.38 ERA and 101 strikeouts this season.

«Scott Kazmir is one of the best pitchers in the American League and strengthens our rotation,» Astros GM Jeff Luhnow said in a release. «His addition gives the Astros a better chance of reaching and succeeding in the postseason. It has been awhile since the Astros have been relevant late in the summer, and winning now is a priority.»
Houston is two games behind the red-hot Angels in the AL West after leading the division for most of the season. Heading to the A›s in return are a pair of minor leaguers, catcher Jacob Nottingham and right-hander Daniel Mengden.

Nottingham, 20, is listed at 6-foot-3 and 227 pounds. He was a sixth-round pick by the Astros out of Redlands (Calif.) High School in the 2013 MLB first-year player draft. In 168 professional games, he has hit .280 with a .816 OPS.

Mengden, 22, was drafted in the fourth round by Houston out of Texas A&M in 2014. He has 101 strikeouts in 99 1/3 professional innings.

Kazmir becomes the latest in a series of Oakland players to make their way to Houston through trades or free agency. Jed Lowrie, Chris Carter,Luke Gregerson, Pat Neshek and Dan Straily are among the current Astros who previously played in Oakland.

Kazmir gave Oakland›s potential trade buyers cause for concern when he exited a July 8 game against the Yankees after three innings because of left triceps tendinitis. But he alleviated any concerns about his health with an impressive 8 1/3-inning performance against Minnesota on July 18. Kazmir took to Twitter to thank the Astros and share his excitement for pitching in Houston.

# ARTURO VIDAL: BAYERN MUNICH TRANSFER IMMINENT




**PLAY** in a Champions League final, crash your car while under the influence of alcohol, win the Copa America and sign for Bayern Munich -- welcome to Arturo Vidal's world.

The 28-year-old is set to leave Juventus after winning four league titles in four years and is expected to move to Germany for a reported fee of $40 million. Vidal, one of the outstanding midfielders in the game, is expected to sign a deal worth $140,000 a week for the next four years.

Karl Heinz Rummenigge, Bayern's chief executive officer, told reporters following the club on its tour of China, that he expected Vidal to seal his move imminently.

"I can confirm that we have with both parties, Juventus and the player, reached an agreement," he told reporters. What is missing is the medical and the signature of the contract. If everything goes according to plan, he can start training next week."

The signing of Vidal is yet another statement of intent by Pep Guardiola, the Bayern head coach, who is aiming to win the Bundesliga title for the third year in succession and strengthen the German club's Champions League challenge next season. No midfielder scored more goals than Vidal's 28 in Serie A over the past three seasons while he also won more tackles than any other player in the Champions League in last year's competition.

Bayern moved for Vidal after selling Bastian Schweinsteiger, a club icon, to Manchester United after 17 years at the club. Vidal has had a frenetic few months since helping Juventus reach the Champions League final where it was beaten 3-1 by Barcelona.

Last month he admitted to driving while under the influence of alcohol after crashing his Ferrari. Both he and his wife suffered minor injuries in the crash on June 16 but he was allowed to retain his place in the Chile side despite huge condemnation from supporters and media.

Vidal reached a deal with prosecutors earlier this month where he agreed to pay compensation to the other driver involved and donate sports equipment. He was banned from driving for two years and was ordered to give motivational speeches to prisoners.

Vidal also apologized for insulting a police officer. After the accident, Vidal helped Chile win the Copa America for the first time in its history by defeating Argentina on penalties.